



NCTAMS PAC

The Voice



VOLUME 1, ISSUE 2

MAY 2007

Commanding Officer: Capt. Jim Donovan

Ombudsman: Mrs. Danielle Filler



CAPTAIN'S VOICE

Aloha and welcome to the May 2007 edition of "The Voice"! BRAVO ZULU to our OMBUDSMAN, Mrs. Danielle Filler for a successful run of the initial installment of this newsletter. We've received great feedback from our Sailors, spouses and family back on the Mainland. We very much appreciate Danielle's efforts and look forward to future editions. I also wanted to take just a moment to share a couple of thoughts on what's been happening around NCTAMS PAC. First and foremost, a huge BRAVO ZULU for achieving yet another milestone as we passed the 200-day mark without a DUI incident! As a result (and reward), NCTAMS PAC enjoyed a "24-hour liberty" on Friday, the 13th of April. I also wanted to pass on a hearty "well-done" to the 100-plus Sailors and civilian employees of NCTAMS PAC who participated in our "first ever" base-wide Spring Clean-up on Friday, the 20th of April. The appearance of the base was greatly improved and your hard work and dedication helped to preserve the natural beauty of NCTAMS PAC.

May marks the celebration of Military Spouse Appreciation Month. I would be remiss if I did not take the opportunity to offer my personal and sincere thanks to our spouses who, in their unique ways, support our critical mission here at NCTAMS PAC. For us, extended deployments are replaced by rotating watches and short-fused, Individual Augmentations which in many cases are longer in duration than traditional Navy ship deployments. I recognize that, in some ways, this type of watch-standing duty can be more unsettling to our home lives than deployment, where at least some stability can be achieved for a time.

As a military spouse myself, I realize the significant challenges you face in balancing career, family and Navy life. You have my utmost admiration and respect for the sacrifices you make in providing an environment for your family and Sailor to thrive. With that in mind, I recognize and celebrate the contributions you make to the military career of your spouse. A heartfelt "Thank You" goes a long way and I extend mine to each and every one of you who provide the never-ending support that enables your Sailor and us as a command, to serve with success and pride.

To all of our spouses, "BRAVO ZULU", and thank you for a job exceptionally Well Done!

Best regards,
CAPT Jim Donovan
Commanding Officer
NCTAMS PAC

A WORD FROM YOUR OMBUDSMAN

Hello again. I would like to begin by saying thank you to those who responded to the last newsletter. It was great to have your feedback. I would also like to thank those who provided me with email addresses. My goal is to receive 100% of your addresses, so that I can send information and future newsletters to you by email. If you haven't done so, please send your email address to nctamsombud@msn.com.

On May 13th we celebrate Mother's Day. Some may think it is just another Hallmark day, but it has been a national holiday since 1914, a day set aside to honor Mother's. What better time than this to tell all of the Mom's in your life: "I love you," and to thank them for all of the support they give us.

So "thank you" to my Mom and to all Mothers everywhere, especially those serving overseas away from their

families.

HAPPY MOTHER'S DAY!!!!

Respectfully,

Danielle
Filler



A WORD FROM THE COMMAND MASTER CHIEF

NCTAMS PAC Family and Friends,

I hope everyone enjoyed our inaugural Ombudsman Newsletter in February. Mrs. Filler did a great job. I am eagerly looking forward to reading all of our future editions.

This month I would like to talk to you about the NCTAMS PAC Family Readiness Group. If your spouse was assigned to sea duty prior to NCTAMS PAC you probably are familiar with the old title, Family Support Group. This group was an independent group of spouses that provided support and shared information during the deployment of their Sailors. As an independent group it received no support from the Command. That has all changed. The new Family Readiness Group is sanctioned and supported by its command. It now works with the command to provide that same support and shared information, but it now has the resources of the command behind it. You might be wondering why a shore duty command like NCTAMS PAC would even need such a group. The reason is, our Sailors do deploy! Last year 37 NCTAMS PAC Sailors deployed for Individual Augmentation (IA) to locations such as Iraq and Afghanistan for periods of six months to over a year. We expect over 50 of our sailors to go on IA this year. Our JMAST Unit deployed twice last year and expects to deploy again at least twice this year. Mrs. Stacy Manns has volunteered and taken the lead of this important organization. I highly encourage all spouses to become involved and help provide that needed support for our deployed Sailors and their families.

Lastly, I wish to thank all of our NCTAMS PAC spouses and families for their incredible support of their Sailors. Our great success is due in large part to this tremendous support.

Mahalo,
Command Master Chief
Mike Dollen



CHAPLAINS CORNER

The Gift of Forgiveness

A husband and wife went to see their Pastor due to experiencing marriage difficulties. As the Pastor began to ask questions on what was causing trouble in their marriage. The husband responds with, "Every time my wife and I have a disagreement she becomes hysterical." The Pastor quickly corrected the husband restating, "You mean she becomes hysterical?" The husband said, "No, she becomes hysterical reminding me of the things I did wrong in the past, that she hasn't forgiven me for." The Pastor asked the wife, "Is this true?" with curiosity. She admitted that it was in fact true and reached into her purse and brought out the notebook she had been keeping since the beginning of their marriage. The notebook contained all the things her husband had ever done. She admitted that she had never forgiven him and sought to remind him occasionally of his shortcomings.

What the wife was suffering from was a case of unforgiveness. She failed to see that her husband was not perfect. Her unforgiveness was hindering the couple from experiencing true intimacy that God intends in marriage. One of the wisest things we can tell couples when they get married is to practice forgiveness. God knows we all need it! This year lets give our spouses, friends and family a gift they can use all year round; "Forgiveness". Who knows it could change your life for the better.

God Bless,
Chaplain Demetric Felton Sr.



If you move, change your telephone number or email address; make sure your command ombudsman has your new information.

What is a Command Family Readiness Group?

A Family Readiness Group is a group of spouses from a command that coordinates fun and information activities for members. In addition to spouses, our group may also include parents, children, and fiancé(e)s.

Family Readiness Groups may help:

- Prepare for deployments and homecoming.
- Provide family support during deployments or mobilization.
- Help families adjust to challenges and to assist one another in times of personal, unit, or area crises.

Encourage your family to get involved with your command's Family Readiness Group. Our installation has a group de-

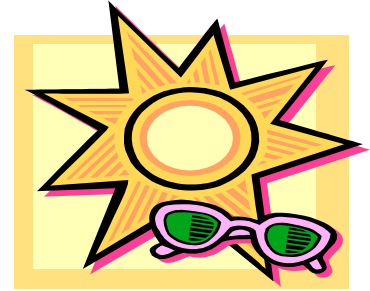
signed for IA family members. It is a great way for your loved ones to get to know other families, to learn more about the Navy and to develop a support system while you are deployed. To learn about your group contact your command Family Readiness Group President, Stacy Manns at 294-0039.

2007 MWR SUMMER CAMPS

WEEKLY CAMPS

Baseball Camp for Kids ages 6 -12 (7/16-7/20)
Basketball Camp for Kids ages 6-12 (6/25-6/29)
Bowling Camp for Kids ages 6-12 (6/11-6/15 & 7/9-7/13)
Canoe Paddling for Teens ages 13-17 (6/11-6/15)
Cyber Camp for Kids ages 7-17 (various dates)
Go Girl Go! ages 13-17 (6/18-6/22)
Golf Camp for Kids ages 8-12 (7/16-7/20)
Hawaiiana Camp for Kids ages 6-12 (6/11-6/15)

Mountain Biking Camp ages 13-17 (6/18-6/22)
Outdoor Adventure Camp ages 6-17 (various dates)
Sailing Camp for Kids ages 6-12 (7/2-7/6)
Skateboarding Camp for Kids ages 10-12 (6/18-6/22)
Soccer Camp for Kids ages 6-12 (6/18-6/22 & 6/25-6/29)
Surfing Camp ages 6-17 (various dates)
Tennis Camp for Kids ages 6-12 (various dates)
Tough Teens ages 13-17 (7/2-7/6)



SPECIAL CAMPS

Operation Purple Camp ages 8-17 (Kids 7/9-7/13; Teens 7/16-7/20)
Camp Adventure ages 6-12 (6/11-7/27)
Junior Leader Program ages 13-17 (6/11-7/27)

For more information go to www.greatlifehawaii.com or call 421-1556.



DID YOU KNOW?

Payday Lenders charge outrageous interest rates for their loans? The annual interest charged for an “until payday” loan is between 300% and 700% interest. **What can you do?**

Save now for unexpected expenses.
 Shop around for better rates.

Don't accept the lender's statement that you must pay high interest rates.

Avoid the most common scams. Including those prevalent on the Internet. (Ads aimed at people with bad credit are rip-offs.)

Read before you sign anything. Ask for help. For example, you

can get free legal advice from your legal office.

If it's an urgent or emergency need (not want), call your local NMCRS (Navy-Marine Corps Relief Center) Office.

**PEARL HARBOR
 NMCRS
 808-423-1314**

Congratulations on A Job Well Done!

Big Congrats to Chief Staff Officer Commander Robert Goodwin for being selected Captain!!!!



1st Quarter 2007 Sailors of the Quarter.

Blue Jacket of the Quarter (BJOQ): IT3 Nydia Dixon (N3)

Junior Sailor of the Quarter (JSOQ): IT2 Kristell Faustino (N3)

Senior Sailor of the Quarter (SSOQ): PS1(SW) Harold Breeden (N1)

The following Chief Petty Officers were recently selected for commissioning programs!

ITSC Panion– Selected for Chief Warrant Officer (CWO2)

ITS Osborne- Selected for Limited Duty Officer (ENS)

ITC Roach– Selected for Chief Warrant Officer (CWO2)

ETC Hudson- Selected for Limited Duty Officer (ENS)

ITC Akaka- Selected for Chief Warrant Officer (CWO2)



NAVY REGION HAWAI'I SCHOOL LIAISON OFFICER (SLO):

The School Liaison Officer (SLO) is available to assist families with school age children by providing school information, resources, and liaison services. The goal of the School Liaison program is for children to have the best educational opportunities and experiences while in Hawai'i, and to adequately prepare them for challenging educational opportunities after moving from Hawai'i.

Incoming families may contact the SLO for assistance and resources regarding public and private schools, and homeschooling. Additionally, SLO-sponsored orientation meetings are held periodically for families with Special Needs children, who are new to Hawai'i public schools. The SLO provides general assistance with school issues and concerns for all Navy families with children in Hawai'i schools, and can help with school research for outbound families.

The School Liaison office is located on the 2nd floor of the Moanalua Navy Services Center. Additional information on the School Liaison program can be found on Navy Region Hawai'i's Community Support Program website, <http://www.greatlifehawaii.com>.

The military in Hawai'i is involved in a unique partnership with the state Department of Education (DOE) - the Joint Venture Education Forum (JVEF). The JVEF is a cooperative venture between the US Pacific Command military community and the DOE, to facilitate active military participation in Hawai'i public education. Through the JVEF, a "one-stop" shopping website was created with comprehensive information on Hawai'i schools. The site, "**Aloha, Military Families and Students**" or **AMFAS**, can be visited at <http://militaryfamily.k12.hi.us>.

Please feel free to call or email for assistance with schools in Hawaii! Thank you!

Kathy Wooldridge
Kathy.Wooldridge@navy.mil

CREDO- HAWAII SPIRITUAL FITNESS CENTER

Program Dates for Retreat 2007

Marriage Enrichment Retreat

04-06 May

01-03 June

These free retreats are wonderful and worth looking into.

To register for any program please call 257-1919 or

Personal Growth Retreat

13-15 July

e-mail Mchael.tolbert1@navy.mil

"Credo invites us to reflect on the areas of our lives in which we seek insight."



FOREST CITY'S SELF HELP

This is for those of you who live in PPV housing. Forest City has a self help and here is a list of items and hours of operation!

The hours are Monday thru Friday from 8:00am to 4:00pm.

The address is 3189 Nimitz Road. Building # 16. (It is

in the Halsey and Catlin park housing area, next to the NEX mini-mart/gas station.

Items that can be signed out are:
 Vacuum's
 Floor buffers
 Carpet Cleaners
 Shovels
 Air Filters (for those lucky

few that have AC provided in the house)
 Refrigerator Filters
 Toilet Flappers
 Weed whackers
 Extension Cords
 Light and Cable outlet covers
 Specialty florescent light bulbs
 Halogen bulbs,
 for the motion sensors
 drip pans for the ranges.

Most items can be checked out for at least 24 hours. The phone # is 839-HELP.

Also don't forget their maintenance line is 24/7. Plus the maintenance crew will come out and either fix items or help to fix them.

EMERGENCY PREPARENESS

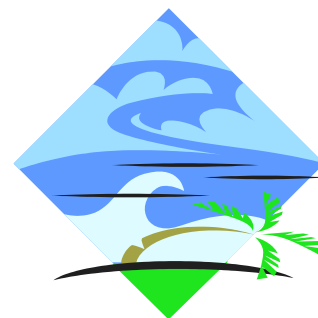
Hurricane season is fast approaching. Living on an island is beautiful, but we are also targets for disaster. It is important for you to know as much as possible to deal with certain disasters. Through this section in the newsletter, I hope to give you some important information along with check lists that you will be able to save.

Please read over the information and be prepared.

Now is the time to make sure that you and your family have a disaster preparedness plan in place. Navy families potentially affected by hurricanes should prepare now for the upcoming season. Do you know what to do if you are under a hurricane watch or warning?

Here are some basic steps to take to prepare for the storm:

- Learn about your community's emergency plans, warning signals, evacuation routes and locations of emergency shelters.
- Locate and secure your important papers, such as insurance policies, wills, licenses, stocks, etc.
- Identify potential home hazards and know how to secure or protect them before the hurricane strikes.
- Identify potential home hazards and know how to secure or protect them before the hurricane strikes.



Be prepared to turn off electrical power when there is standing water, fallen power lines or before you evacuate. Turn off gas and water supplies before you evacuate.

American Red Cross Hurricane Information

<http://www.redcross.org/news/ds/0305hurricanes>

For Kids

<http://www.nhc.noaa.gov/HAW2/english/kids.shtml>

"It is also important to update your information with the Ombudsman so that you can be contacted in an emergency."

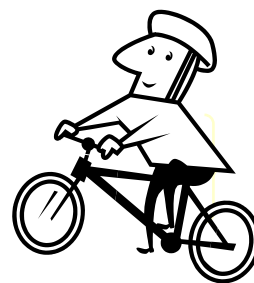
SAFETY CONCERNS

Safe bicycling is a key area for reducing mishaps this year. It is important to identify hazards, plan rides, and set risk controls—like wearing the right clothes and a helmet, and mapping your route—to make sure a ride is completed safely. The National Highway Traffic Safety Administration reports that, in 2005,

720 bicycle riders were killed in collisions with cars and trucks.

Riding safe and being safe is a process. Like any process, planning is key. Riders can help by wearing helmets, bright clothing to make themselves more visible ride during the day or certainly add lights or

reflectors for at night, use prepared bike paths whenever available, and be aware of traffic.



Please make sure that you are prepared, a disaster can happen at any time. Cut this section out and start gathering items today.

HOME SURVIVAL CHECKLIST

- Portable, battery-powered radio
- Flashlights
- Extra Batteries
- Manual can opener
- First aid kit and special medications
- 3-5 day supply of non-perishable foods, make sure to pack special dietary foods, baby food, and formula if needed.
- Water: Minimum 2 quarts per person per day. Store as much clean water as possible.
- Extra pet food
- Personal hygiene, sanitary supplies and diapers
- Ice Chest and ice or frozen ice packs
- Camp stove or can heat stove or hibachi and charcoal.
- Masking tape for windows and glass doors.
- Candles
- Matches in a water-proof container or a lighter.

COUPLES COMMUNICATION GROUP

Couples Communication Group at Pearl Harbor FFSC will be held on Thursdays from 1700-1900.

This group is for couples, married or unmarried, who are committed to working on their relationship. It is an open ended group, so couples may join at any time.

Focus will be on couple

communication. Also addressed will be handling and accepting differences, dealing with conflict, fear of intimacy, trust and meaning of forgiveness, and family of origin issues which interfere with the ability to see self and/or partner clearly.

Please feel free to e-mail or call me with any questions, suggestions or to register.

Aloha,
Andrea Hantman, LCSW, BCD
Fleet and Family Support Center
Moanalua Navy Services
Telephone 808-474-1999 x6204



NEW BABIES

We welcome the following new babies to the command.

- IT1 and Mrs. Kendal Nichols are new parents of a baby girl , Victoria Audine Nichols.
- The Pack family added twin baby girls, Kalaya and Kaelyn , to their family.
- Congratulations IT2 Robert and Mrs. Jones on their new baby boy, Zachariah Jones.
- IT1 and Mrs. Morsen are new parents to a baby boy, Collin Alexander.
- ET1 Frolik Family added a baby girl to their family.



FEATURED RESOURCE

KIDSLINE

Kids Line is a child care resource and referral service. They provide free, convenient, one-stop shopping for child care, referrals to current openings in child development homes and manage Wait Lists for Navy programs. They also do consultations in identifying child care needs, evaluate your options and help you to choose quality child care. This service is available to all Military personnel, DoD Civilians and Retired Military members.

To contact KIDSLINE, please call 471-KIDS (5437)

YOUR VOICE

I would like to give you a chance to write for the Command newsletter. You can write about experiences you have had on the island, volunteer work that you or your family might have done, a message to those on an IA, what is going on in your division and anything else you would like. Please submit your write up to nctamsombud@msn.com so that it can be put in the next newsletter.

IA SECTION

Welcome Home

ITC George Donley
ITCS Darin Long
LT David Purkiss
IT1 Shane Taft
II2 Derek Martin
IT1 Jamie Andrews



Thank you for your dedication
and service!

Emotional Ups and Downs of Deployment

Sailors have been deploying and their loved ones have awaited their return over the centuries, but waiting can be hard. It's not just day-to-day chores and responsibilities that you must handle on your own, but the roller coaster of emotions you have to deal with. You're proud of your Sailor, but angry they must deploy. You may worry that you can handle the additional responsibilities, yet are confident you can. You fear for your loved one's safety and your heart aches for their return.

Lots of research has been done to understand the common feelings Sailors and their families experience when separated from each other due to a military assignment. You may experience similar feelings or your reactions may be very different. There is no such thing as a "right" or "wrong" feeling. If you find you're feelings are getting in the way of you doing the things you need to do – caring for children, going to work or school, taking care

of the house – don't hesitate to contact your Fleet and Family Support Center, your ombudsman, a chaplain or Military One Source for assistance.

Fleet and Family Support Center:
(808) 474-1999
Danielle Filler (ombudsman):
(808)664-1204 or (832) 746-8880
Chaplain Felton
(808) 473-3971 or (901)605-6956
Military One Source
1-800-342-9647

"Acknowledge and respect your feelings. Don't let them overwhelm you. Get help if needed."



DEPLOYED SPOUSE PROGRAM

Please take note that Forest City has a Deployed Spouse Program. It is designed to help families of service members on deployment in coping with the stress of an absent family member. They help with such things like: backyard care, babysitting and daycare referrals, toy &

furniture assembly (1 hour min.), pet services, teen functions, keiki activities and much, much more. For more information please contact your Resident Services Team. Their office hours are Monday thru Friday, 8:00 a.m.—6:00 p.m. You can also visit their web site at www.omcliving.com

for more information about your community and upcoming events. Take advantages of the extra help. If you live in a PPV home it can't hurt to sign up for this program it costs you nothing!



Naval Computer & Telecommunications Area Master Station, Pacific

Attn: Danielle Filler Ombudsman
500 Center Street
Wahiawa, HI 96786-3050 You

Phone: 808-664-1204
Cell Phone: 832-746-8880
E-mail: nctamsombud@msn.com

HTTP://
WWW.NCTAMSPAC.NAVY.
MIL/WELCOME/
OMBUDSMAN.HTM

Happy Mother's Day to all Moms!



FRG Social At Pearl Harbor Bowling Alley

When: May 12, 2006

Time: 2:00 PM

Who can attend: all active duty
members and their spouses', family
members, fiancées and parents.

**Family
Readiness
Group Social**

Come help us support
our command families
at our first ever FRG
gathering.



IF YOU HAVE ANY
QUESTIONS, PLEASE CALL
STACY MANNS AT (808) 689-
0757 OR (808) 294-0039, YOU
CAN ALSO EMAIL HER AT
NCTAMSFRG@YAHOO.COM.